

GB FB159 - Standard Adult Lunch -Week 2

Monday Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hungarian beef paprika Hoisin Chicken with rice Sweet and sour Asian Lentil Red pesto with pasta Main chicken with noodles and parsley rice sauce and mash Ingredients:, Basmati Rice, Ingredients:, Pasta (Durum Wheat Semolina - Contains Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Sauce, Onion, Courgettes, Gluten), Chopped Tomatoes, Ratatouille (Courgette, Stewpack (Onion, Carrots, **Noodles (Wheat Flour (With** Garden Peas, Chicken Peppers, Sweetcorn, Onion, Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Red Pepper, Onion, Breast, Olive Oil, Soya Sauce Lentils, Olive Oil, Gluten Free Carrots, Onion, Beef Mince, Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped (Soybeans, Salt, Spirit Paprika - Contains Gluten), Low Salt Vegetable Stock Single Cream (Contains Vinegar - Contains Soya) Cabbage, Carrots, Onion, (Cornflour, Potato Starch, Tomatoes, Chick Peas, Milk), Butter (Contains: Tomato Puree, Onion, Olive Milk), Tomato Puree, Olive Mushrooms, Plum Sauce, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Oil, Basil, Parsley, Thyme, Oil, Gluten Free Low Salt Olive Oil, Gluten Free Flour, SB Parsley, Turmeric, Salt), Ground Black Pepper, Garlic Vegetable Stock (Cornflour, Soya Sauce (Soybeans, Garlic, Basil Potato Starch, Onion, Carrot, Salt, Spirit Vinegar -Peas, Tomato Powder, Black Contains Soya), Garlic Pepper, Parsley, Turmeric, 0 Salt), Smoked Paprika, G SB Cumin, Bay Leaves, Garlic, Ground Black Pepper (D)(C)

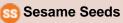
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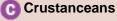














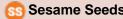
















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Dessert

Blackcurrant and apple cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Blackcurrants. Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon









Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar



Fresh melon slices

Ingredients:, Honeydew Melon

Peach Krispie Bite

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Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup



Strawberry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar



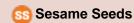
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